



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Carmel Valley Pool

3777 Townsgate Drive
San Diego, CA 92130
(858) 552-1623
www.sandiego.gov



Effective: June 26, 2006 - September 4, 2006

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

CITY OF SAN DIEGO LEARN TO SWIM PROGRAM☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

- **PARENT/TOT** (6 months to 3 years*) The instructors teach and demonstrate swimming techniques to the parents enabling them to safely assist the child in adjusting to the water and understanding pool safety rules. This class is taught with a positive approach placing an emphasis on fun and games.
- **TINY TOTS** (3* to 5 years) Prerequisites: The child is able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. The class is conducted without parent participation.
- **ADVANCED TOTS** (3* to 5 years) Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.
- **SUPER TOTS** (3* to 5 years) Prerequisites: Successful completion of Advanced Tots skills. Super Tots are introduced to the skill of side breathing and learn to swim greater distances both on their front and back sides.
*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

• **CHILDREN SWIMMING LESSONS** (6 years and up) Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

• **ADULT LESSONS** (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

• **PRIVATE/SEMI-PRIVATE LESSONS** Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

• **COMPETITIVE SKILLS I** The Competitive Skills classes are designed for the students interested in the fast track to joining the City of San Diego Swim Team without taking the standard progression of the Learn to Swim Program. The Competitive Skills classes teach swimmers all aspects of the strokes, turns and starts and prepares the swimmer for competition. Stroke alignment and balance will be taught in addition to biomechanics for the freestyle and backstroke competitive swimming strokes.

• **COMPETITIVE SKILLS II** Stroke styles, timing, balance, stroke alignment and bio-mechanics of the short axis strokes: butterfly and breaststroke, will be taught.

SWIM LESSON SCHEDULE

	RESIDENT	NON-RESIDENT
<i>Large Group (6+)</i>	\$53.75	\$107.50
<i>Small Group (3-5)</i>	\$80.75	\$161.50
<i>Private Lessons</i>	\$180.00	\$360.00
<i>Semi Private Lessons</i>	\$150.00	\$300.00
<i>Small group</i>	TT, AT, ST, P/T, B1 and Adult.	
<i>Large group</i>	B2, B3, AB, Intermediate and Swimmer	

REGISTRATION

Mail-in registration starts May 12, 2006.

Walk-in registration starts June 12, 2006

Call the pool for more details/information.

MONDAY - FRIDAY

Session I June 26 - July 7, 2006 (*No classes July 4th*)

Session II July 10 - July 21, 2006

Session III July 24 - August 4, 2006

Session IV August 7 - August 18, 2006

Session V August 21 - September 1, 2006

Morning Lessons

9:00 am - 9:30 am	AB	Int.	Swimmer
9:35 am - 10:05 am	ST	B2	B3
10:10 am - 10:40 am	TT	AT	B1
10:45 am - 11:15 am	TT	P/T	B2

Afternoon Lessons

3:30 pm - 4:00 pm	Int.		
4:05 pm - 4:35 pm	AT	B1	AB
4:40 pm - 5:10 pm	TT	ST	B3
5:15 pm - 5:45 pm	AT	B1	B2
5:50 pm - 6:20 pm	PT	ST	B3

TUESDAY/THURSDAY

Adult Lessons

Session 1 June 27 - July 25, 2006

Session 2 August 1 - August 24, 2006

8:00 am - 8:40 am

Private Lessons

Session Blue June 27 - July 13, 2006

Session Red July 18 - August 1, 2006

Session Green August 8 - August 22, 2006

10:10 am - 10:40 am

10:45 am - 11:15 am



CSDS City of San Diego Swim ☆

The CSDS is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The **White Level** is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The **Silver level** introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

Monday - Friday

CSDS White 4:00 pm - 5:00 pm

June 1 - 30 \$20.90

July \$36.30

August \$40.70

Monday - Friday

CSDS Silver 1 5:00 pm - 6:00 pm

June 1 - 30 \$20.90

July \$36.30

August \$40.70

Monday - Friday

CSDS Silver 2 6:00 pm - 7:30 pm

June 1 - 30 \$30.80

July \$47.30

August \$53.35

*During swim team,
all parents must remain
in the viewing area at all times.*



☆A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

Please remember, space is limited, and fees are payable by the first workout day of each month. For individual monthly fees, please contact pool staff.

COMPETITIVE SKILLS I

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COMPETITIVE SKILLS II

Stroke styles, timing, balance, stroke alignment and biomechanics of the short axis strokes: butterfly and breaststroke, will be taught.

Session 1 June 27 - July 25, 2006

Session 2 August 1 - August 24, 2006

Tuesday & Thursday

3:30 pm - 4:00 pm

\$53.75/Session

Ages 5 - 15



YOUTH WATER POLO ☆ (ages 9 to 17)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Monday/Wednesday/Friday

8:00 am - 9:00 am

Saturday

9:00 am - 11:00 am

June 1 - 30 \$17.05

July \$25.30

August \$27.50



WATER FITNESS

ABC Aquatic Body Conditioning (Shallow Water)

This is a total body conditioning class. This multi-level, low impact, cardio-respiratory workout is held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday/Wednesday/Friday

10:30 am - 11:30 am

Adult/Senior Daily Drop-in fee:

\$9.50/class

Registration packages available at:

Senior/Disabled

\$2.50/class

Adult

\$9.00/class



FACILITY ADMISSION FEES

Children/Senior/Disabled

\$1.50/visit or \$25.00/20 swims pass

Adults

\$5.00/visit or \$95.00/20 swims pass

All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

RECREATIONAL SWIM*

Monday - Friday 11:30 am - 3:30 pm

Saturday & Sunday 12:00 pm - 4:00 pm

* Children's play structure and slides open

* The slide and children's play structure are subject to closure without notice at anytime.

LAP SWIM

Monday, Wednesday, Friday 6:00 am - 8:00 am

Tuesday & Thursday 6:00 am - 9:00 am

Monday-Friday 11:30 am - 3:30 pm

Monday-Friday 6:30 pm - 8:00 pm

Saturday 11:00 am - 4:00 pm

Sunday 12:00 pm - 4:00 pm

July 4 and September 4, 2006 12:00 pm - 4:00 pm

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

SAFETY CHECK

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

REFUND POLICY

Extra care should be given to the selection of classes. There are **NO REFUNDS**. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

KEEPING THE POOLS CLEAN/OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swim suit.
- Children are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Patrons must abide by the "no street shoes on the pool deck" rule.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.